

Autumn Berry Recipes

David & Money



Recipe

BLACKBERRY JAM

1. Ensure your jars are clean and sterilised.
2. Put your blackberries in a saucepan with the same weight in jam sugar and a little lemon juice and gently heat until the blackberries have dissolved.
3. Bring to a gentle boil and let simmer for about 10 minutes, stirring occasionally.
4. Place a knob of butter over the froth that has formed on top of the pan and stir it in gently.
5. Take some jam out, place in the fridge and after a minute or two the jam should crinkle when moved. This means it is ready, so remove from the heat and let it cool in the jars before placing in the fridge to set. If it doesn't crinkle give it a little longer on the hob and then test again.

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Recipe

SLOE GIN

1. Ensure your airtight bottles are clean and sterilised. You can easily do this by sending them through a hot dishwasher, or putting them in a pan of boiling water for about 10 minutes. Pat dry with a clean paper towel.
2. Place your sloe berries in the freezer overnight to stimulate first frost and open up the berries.
3. Half fill your bottle with sloes and then add about half their weight in sugar. Fill to the top with regular gin, shake the bottle a little and then place in a cool dark place.
4. Give your bottle a gentle shake every other day for at least 2 months. The longer you can hold off the better! Taste before serving and add a little sugar syrup if it isn't quite sweet enough. Strain and then serve to guests at Christmas time.

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Recipe

DAMSON SAUCE

1. Roast 250g of whole damsons in an ovenproof dish for 30 minutes at 150C.
2. Pour the brown juices from your meat into a roasting tin, skimming off most of the fat (you could then use this for your roasties!).
3. Add a chopped 2cm slice of ginger and 2 minced garlic cloves to the roasting tin, setting it over a low heat for a couple of minutes.
4. Add 2tbsp of soy sauce, 2tbsp of sugar and 4tbsp of water and the cooked damsons and simmer for about five minutes, crushing the fruit with a spoon.
5. Push your sauce through a sieve to remove skins and stones and then return to the pan to thicken slightly, if desired. Taste and add more sugar or stir in some redcurrant jelly, if desired. Pour over your cooked meat and serve, leftovers can be stored in sterilized jars.

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Recipe

ROSEHIP SYRUP

1. Boil 500ml of water for every 250g of rosehips that you have.
2. Put your rosehips in a food processor to mince and then put into the boiling water and bring to the boil once more for about 15 minutes.
3. Remove from heat and let cool for about 20 minutes, or longer if you are making a larger batch.
4. Sieve through a double layer of muslin cloth and then return to a pan to reduce until syrupy.
5. Add half the weight of your rosehips in sugar, boil for 5 more minutes and then pour into sterilised bottles and seal. If you add a splash of lemon juice along with your sugar, you could also use your syrup to make a refreshing cordial drink by diluting it with water.

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Recipe

APPLE & ELDERBERRY CRUMBLE

1. Stew some peeled and sliced apples with a handful of elderberries and about 3tbsp of sugar and a splash of water (these measurements don't need to be exact) for about 20 minutes or until the fruit is as soft as you prefer. You can add more sugar or fruit to taste.
2. Place 100g of softened chopped butter with 200g of flour in a food processor and pulse until you have a fine breadcrumb mix and then stir in 100g of sugar. You can also add some rolled oats or flaked almonds to your crumble mix for a nuttier flavour.
3. Place your stewed apple and berry mix to half fill an ovenproof dish and then top with your crumble mix, pressing down gently with the back of a spoon. You can freeze any leftover of both mixes.
4. Bake at about 180C for around 20mins until golden brown on top, and the fruit mix is bubbling up the sides.